



Join us for  
**STRESS RELIEF WITH  
STRESS BALLS**

**Tuesday, December 6<sup>th</sup>**

**AMU 157**

**12pm - 1pm**

***Drop in at your leisure &  
make your own stress ball!***



*...The Tuesday Timeout Series is a hands-on educational program that helps reduce stress and provides opportunities to learn new or alternative stress management and relaxation techniques....*



Center for Health Education and Promotion  
Student Health Service